
























## Metompkin Inlet, VA - Jan 2015

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:17	3.9	5:29	3.0	11:27	0.0	11:23	-0.5	7:17	4:54	
2	Fri	6:08	4.0	6:19	3.0			12:22	-0.1	7:17	4:55	
3	Sat	6:55	4.1	7:06	3.0	12:13	-0.5	1:10	-0.2	7:17	4:56	
4	Sun	7:39	4.2	7:51	3.1	12:59	-0.6	1:52	-0.3	7:17	4:56	
5	Mon	8:21	4.2	8:34	3.1	1:42	-0.6	2:32	-0.3	7:17	4:57	
6	Tue	9:02	4.1	9:16	3.1	2:23	-0.6	3:10	-0.2	7:17	4:58	
7	Wed	9:43	4.1	9:58	3.2	3:04	-0.4	3:48	-0.1	7:17	4:59	
8	Thu	10:23	3.9	10:40	3.1	3:44	-0.3	4:26	0.0	7:17	5:00	
9	Fri	11:02	3.8	11:22	3.1	4:26	0.0	5:06	0.1	7:17	5:01	
10	Sat	11:43	3.6			5:11	0.2	5:47	0.3	7:17	5:02	
11	Sun	12:06	3.1	12:25	3.4	5:58	0.4	6:29	0.3	7:17	5:03	
12	Mon	12:53	3.1	1:10	3.2	6:48	0.6	7:14	0.4	7:17	5:04	
13	Tue	1:45	3.2	2:00	3.0	7:42	0.7	8:01	0.4	7:16	5:05	
14	Wed	2:40	3.3	2:55	2.9	8:38	0.7	8:52	0.3	7:16	5:06	
15	Thu	3:37	3.5	3:52	3.0	9:37	0.6	9:45	0.1	7:16	5:07	
16	Fri	4:33	3.8	4:48	3.1	10:36	0.4	10:40	-0.2	7:15	5:08	
17	Sat	5:27	4.1	5:42	3.2	11:33	0.1	11:34	-0.5	7:15	5:09	
18	Sun	6:18	4.4	6:34	3.4			12:27	-0.2	7:15	5:10	
19	Mon	7:09	4.7	7:26	3.6	12:27	-0.8	1:18	-0.5	7:14	5:11	
20	Tue	8:00	4.9	8:18	3.8	1:19	-1.1	2:07	-0.8	7:14	5:12	
21	Wed	8:50	5.0	9:10	3.9	2:10	-1.3	2:55	-1.0	7:13	5:13	
22	Thu	9:40	4.9	10:02	4.0	3:02	-1.3	3:44	-1.1	7:13	5:14	
23	Fri	10:30	4.7	10:54	4.0	3:55	-1.2	4:34	-1.0	7:12	5:15	
24	Sat	11:20	4.3	11:48	3.9	4:50	-1.0	5:25	-0.9	7:11	5:16	
25	Sun			12:11	3.9	5:48	-0.7	6:18	-0.8	7:11	5:18	
26	Mon	12:44	3.8	1:06	3.5	6:49	-0.4	7:13	-0.6	7:10	5:19	
27	Tue	1:45	3.7	2:04	3.1	7:53	-0.1	8:10	-0.4	7:09	5:20	
28	Wed	2:50	3.6	3:08	2.9	8:59	0.1	9:08	-0.3	7:09	5:21	
29	Thu	3:57	3.6	4:11	2.7	10:07	0.2	10:06	-0.3	7:08	5:22	
30	Fri	4:59	3.6	5:10	2.7	11:12	0.2	11:03	-0.3	7:07	5:23	
31	Sat	5:52	3.7	6:01	2.8			12:07	0.1	7:06	5:24	